3 commonly recognized types of ADHD

1 Primarily Hyperactive- Impulsive Type

This is one of the most commonly recognized types of ADHD in children.

Children with this type of ADHD may:

- ❏ Prefer standing or moving rather than sitting
- ❏ Fidget and squirm
- ❏ Talk often or talk quickly
- ❏ Interrupt frequently
- ❏ Blurt out answers
- ❏ Act before thinking
- ❏ Struggle with self-control
- ❏ Appear very curious and energetic

2 Primarily Inattentive Type

This type can sometimes be overlooked because the child may not appear disruptive—they may simply appear dreamy, quiet, or scattered.

Children with this type of ADHD may:

- ❏ Have trouble following directions
- ❏ Struggle to stay on task
- ❏ Appear distracted or “checked out”
- ❏ Have difficulty concentrating
- ❏ Lose items often
- ❏ Forget things easily
- ❏ Struggle with organization

3 Combined Type

Children with this type may show a combination of both inattentive and hyperactive-impulsive traits.

Children with this type of ADHD may:

- ❏ Have a combination of both types of traits